



**FOR IMMEDIATE RELEASE**  
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**CONTACT: Jennifer Dunlap, ISDH**  
**(317) 233-7090**

## **INSIDE OUT TO INSPIRE STUDENTS TO MEET INSHAPE INDIANA CHALLENGE**

INDIANAPOLIS—The Office of Minority Health at the Indiana State Department of Health is launching a new program this spring, INside Out, which asks ninth grade students in Indiana to promote INShape Indiana's message to Hoosiers to eat better, move more, and quit smoking.

INside Out (Indiana's Students Indicating Determination to End Our Unhealthy Trends) will challenge Indiana ninth graders to create a one-minute TV commercial or song/jingle that promotes the importance of good nutrition, regular exercise, and avoiding tobacco.

"We hope INside Out Indiana will inspire students to use their creativity to get Hoosiers to adopt the healthier behaviors encouraged by INShape Indiana," said State Health Commissioner Judy Monroe, M.D. "We need our young people to be actively engaged in the fight to eliminate tobacco use and obesity in this state. After all, it is their future that is at stake."

INside Out is the result of a partnership among the Office of Minority Health, Governor Daniels' INShape Indiana health initiative, and the Indiana State Department of Health's Partners Recruiting Opportunities for Minority Student Education (PROMiSE) program.

"INside Out is an excellent step toward addressing health disparities in Indiana," said Carolin Requiz, director, Office of Minority Health. "It is our goal that by working with PROMiSE, we can enhance our efforts to improve students' awareness of health care professions, increase their academic preparedness for post-secondary education and, ultimately, increase the rate at which racial/ethnic minority students enroll in and graduate from health professions education programs."

"Programs like INside Out and PROMiSE are important because research demonstrates that if racial/ethnic minority students are more proportionately represented in health professions, the quality of health care for minority populations will improve," said Requiz. "Evidence suggests this will in turn help to reduce the troubling disparities in health status from which racial/ethnic minorities and other disadvantaged populations in Indiana suffer."

Although the main focus of INside Out is minority students, the program is open to all ninth grade Indiana students who would like to participate, regardless of race or ethnicity, as long as they attend a school where the program is being offered. Currently, the participating schools are:

- [Calumet High School](#) – Lake Ridge Schools
- [Goshen High School](#) – Goshen Community Schools
- [Logansport Community High School](#) – Logansport Community School Corporation
- [Paul Harding High School](#) – East Allen County Schools
- [South Side High School](#) – Fort Wayne Community Schools
- [Washington High School](#) – South Bend Community Schools

In the fall of 2007, the program will be offered in Madison and Marion counties. For more information, contact Joseph Baker at (317) 233-7453 or visit [www.inshape.IN.gov](http://www.inshape.IN.gov).